



MEMBER DISCOUNTS AND PERKS



TUFTS
Health Plan

DISCOUNTS & PERKS

HELP YOU SAVE AND STAY HEALTHY

Tufts Health Plan wants to help you reach your wellness goals with discounts on nutrition, mind and body, fitness, and other services related to good health.¹

NEW DISCOUNTS FOR 2021

Jenny Craig®

Accelerate Your Weight Loss with Rapid Results Max by Jenny Craig.²

Rapid Results Max is a groundbreaking, science-based program that leverages intermittent fasting to accelerate weight loss and promote health benefits.

Special Offer from Tufts Health Plan: Save \$120 on Jenny Craig weight loss plan³

Here's how the Jenny Craig program works:

- **Delicious Food:** Enjoy a customized meal plan, which includes delicious, chef-crafted meals, snacks and desserts, including the Jenny Craig Recharge Bar.
- **Dedicated Personal Consultant:** Jenny Craig provides personal one-on-one coaching with flexible by phone and in-person options.

3 Convenient Delivery Options:

- Contactless curbside pickup at a Jenny Craig center near you.
- Delivery from your local Jenny Craig center.
- Flexible shipping wherever you are!⁴

Get Started Today!

Visit jennycraig.com/THP OR call 877.536.6970 to schedule an appointment for a FREE consultation.



¹ This information has been provided by the vendors and has not been independently confirmed by Tufts Health Plan. Available to Tufts Health Plan commercial members, excluding Tufts Health Direct. Confirm details with your employer, and check with your health care provider regarding any health or medical condition before beginning any new treatment, exercise, or nutrition regimen. Discounts are subject to change at any time.

² Average weight loss in study was 13 lbs. for those who completed the program.

³ Savings redeemed as 12 weeks with full planned menu purchase (avg. \$182) each week. Active program enrollment and eligibility status required. Valid only for new members and former members who haven't had an active visit (in-person or remote) within the past 60 days. Valid at participating centers and Jenny Craig Anywhere. No cash value. Expires 12/31/2021.

⁴ Time and transit restrictions in certain zip codes prevent shipping frozen foods to those areas. See jennycraig.com/shipping-policy for more information.

UNLOCK A HEALTHIER YOU!

Change your life for the better with our member health portal. Register or login at **mytuftshealthplan.com** and click on Start Living a Healthy Lifestyle.

1. Take your Wellbeing Assessment (WBA)
2. Enroll in wellness coaching
3. Take advantage of Nurse24SM
4. Get support for a chronic health condition

FITNESS AND EXERCISE

Get discounts at over 14,000 health and fitness facilities across the U.S. through the International Fitness Club Network. Tufts Health Plan members can even try before you join with a FREE one-week trial membership at any facility you like.⁵ Members can learn more at preventure.com/ifcn-tufts with password "Fit4You".

Fitness Together

Fitness Together pairs you with a personal trainer in a private setting and a workout plan tailored to you!⁶

- New members pay no fitness evaluation fee
- New members get 10% off the purchase price of any personal training package
- Existing members get 10% off the purchase price of personal training packages of 36 sessions or greater. To get the discount, show your Tufts Health Plan Member ID card when joining any participating Fitness Together location

Rather Work Out at Home?

- Save 10-40% on a wide array of fitness products

Rather Race to Get Your Workout?

- Save up to 15% off registrations to a variety of races

Other Discounts Include:

- Save up to 25% off online workout subscriptions
- Save 10% off home swim lessons and life guard services
- Save up to 90% off magazine subscriptions

WEIGHT MANAGEMENT

DASH for HealthTM

Visit tuftshealthplan.dashforhealth.com and enter coupon code: "thp" to eat healthier, exercise better and lose weight. This online program is designed to give you the support you need, from recipes and meal plans to self-tracking tools. Sign up for the DASH for Health program for \$34.50 for a 6-month subscription (50% off the regular subscription rate).

The Dinner Daily

Save 25% on any Dinner Daily subscription, visit thedinnerdaily.com/thp and use code "THP25" to sign up. The Dinner Daily provides members with customized meal plans that fit members' dietary restrictions and a shopping list that maximizes savings with local grocery store specials.

MIND AND BODY

Ompractice

Tufts Health Plan commercial members can access Ompractice virtual yoga and meditation at a discounted rate. Using two-way video via laptop or phone, Ompractice allows members to participate in live yoga and meditation classes with instruction and direction from a teacher, bringing the support, personal interaction and accountability of a studio session wherever you are.

Learn more: ompractice.com/tuftshealthplan.

Brain Fitness

Save 17% on the price of a subscription to BrainHQTM, an online cognitive training program. Stay sharp and visit brainhq.com/thp.

Cambridge Health Alliance Center for Mindfulness and Compassion Discount

Save 15% on Mindfulness and Self-Compassion courses, which can reduce stress and improve your overall wellbeing. Visit chacmc.org/courses and use access code "THP15" when you register.

Discounts on ChooseHealthy.com

Free shipping and up to 40% discount on wellness products on the site, ChooseHealthy.com. For details on how to get this discount, call Customer Relations or visit choosehealthy.com/public.

⁵ Specialty clubs and studios, such as martial arts, yoga, spin and personal training centers may offer different "trial" offers. Please inquire with the owner or membership department at these centers to verify offer.

⁶ At participating facilities only. Discounts cannot be combined with any other promotion offered by the fitness location or trainer.

Massage Therapy and Acupuncture

Reconnect your body, mind, and spirit with massage therapy or acupuncture. **Massage therapy:** save 25% off the provider's usual fee, or pay \$15 per 15 minutes of massage therapy, whichever is less. **Acupuncture:** save 25% off the provider's usual fee. For a list of providers near you, call ChooseHealthy customer service at 1-877-335-2746.

Meditation 101 Audio Series

The Meditation 101 Series is designed for those who are new to meditation. Meditation 101 consists of 10 short audio lessons that provide you with everything you need to know to begin meditating. To access this free tool, visit app.wellable.co/meditation101, and enter the access code "THP".

Mindfulness and Stress Management

Save 15% on the cost of tuition for the 8-week Stress Reduction or Cognitive Therapy programs at the UMass Memorial Center for Mindfulness in Worcester, MA or online. For more information, call the Center at 774-442-4681, or visit [umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-classes](http://umassmemorialhealthcare.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-classes).

MORE SAVINGS

Eye Glasses, Contacts + Corrective Vision Discounts

Save up to 35% on the price of frames, lenses and sunglasses when you see an EyeMed network provider. EyeMed Vision Care also offers a replacement contact lens program, and 5-15% off the cost of LASIK and PRK laser vision correction. Learn more at tuftshealthplan.com/eyemed.

Home Instead Senior Care®

Get a one-time \$100 credit toward charges for non-medical support services at participating offices. Home Instead Senior Care enables seniors to live safely and comfortably wherever they call home. You can also receive a free home safety inspection once you have contracted for services with Home Instead Senior Care.

For more information, please contact Home Instead at homeinstead.com or by phone at 1-888-484-5759. To get the discount, just show your Tufts Health Plan Member ID card.

The Original Healing Threads™

Save 20% on patient apparel, the alternative to the standard patient wear/hospital gown. For you and your plan dependents to receive the 20% member discount, enter "THP" in the "Enter Promotional Code" box located in the Shopping Bag section during check out.

You Can Save When You Use the CVS Caremark® ExtraCare Health Program

You receive 20%⁷ off regular-priced CVS Health Brand,⁸ health-related items valued at \$1 or more. The ExtraCare card can be used at CVS Pharmacy® stores nationwide and new members can attach the discount to their card.

- How to Get Your 20% Discount: Just show your card at the time of purchase to receive your discount
- If you are a new member and have a CVS ExtraCare card: Link your CVS ExtraCare card to your Tufts Health Plan Member ID number to start receiving your discount. Just visit tuftshealthplan.com/extracarehealth to start the activation process. Provide your Tufts Health Plan Member ID number and your ExtraCare card number when prompted
- If you don't already have an ExtraCare card, you'll be able to get one on the website. You can also pick one up at any CVS Pharmacy or call 1-800-SHOP-CVS to request a card before you get started with the linking process
- If you already have a Tufts Health Plan CVS ExtraCare Health card: Continue to use your existing Tufts Health Plan CVS ExtraCare Health card to get your 20% discount⁹

LEARN MORE:

tuftshealthplan.com/Discounts-Perks

800.462.0224

⁷The 20 percent discount is restricted to items purchased for the health care of the cardholder only and applies to regularly priced CVS Health Brand health-related items valued at \$1 or more. Your ExtraCare Health discount may not be used in Target stores, including those with a CVS Pharmacy in them. Excludes alcohol, lottery, money orders, prescriptions and copays, pseudoephedrine/ephedrine products, postage stamps, pre-paid cards, gift cards, newspapers and magazines, milk (where required by law or regulation), sale/promotional merchandise, bottle deposits, bus passes, hunting and fishing licenses, not valid on any imposed governmental fees, or items reimbursed by a government health plan. Check with your plan administrator for more details.

⁸All CVS Pharmacy Brand products are 100% satisfaction guaranteed or your money back. If you're dissatisfied for any reason, you can return the CVS Pharmacy Brand product (opened or unopened) along with your receipt or invoice to any CVS Pharmacy store. We'll refund the full purchase price — no questions asked! To return the item by mail, call Customer Care at 1-888-607-4CVS (1-888-607-4287). Other pharmacies are available in our network. You are not obligated to fill your prescriptions at CVS Pharmacy by using the ExtraCare Health benefit.

⁹Members with an existing Tufts Health Plan CVS ExtraCare Health Card should not try to use the link tuftshealthplan.com/extracarehealth. This site is only for new members. If you need to replace your existing physical card or transfer ExtraCare rewards, call 1-888-543-5938 and select option 2.